



Tuesday 15 November 2011

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Classic Italian food cooked the Carlini's way

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Pagham fearing the worst

» Major concerns over Pagham homes becoming washed away

SCOTT ROLF
REPORTER
SCOTT.ROLF@CHICHESTERHERALD.CO.UK

PROSPECTS of Pagham town and its new housing, almost too late before beach erosion destroys these homes

According to local sources in Pagham, nearly 500 of the town's homes have been lost in the last few months and many homes are now only feet from the sea after recent high tides.

Worries concern some fear the next bout of high tides could be a worse one.

Stephen Hadden, whose family live on West Point Road and have an acreage in the 'New Pagham' development, said: "The situation is critical. It's been here for the last few weeks and the sea has reached some of

the back of houses and threatened to people's homes."

Roads which were due to arrive from Newport earlier this week to replace new defenses, which were promised by the Arun District Council some time ago, have yet to arrive but are now expected to arrive the end of this week.

Thousands and thousands of pounds of damage has already been caused by Arun District Council's new scheme. In January, as predicted by all but the 'experts', the latest scheme during a storm to hold back the sea failed. Just over the month, thousands of pounds was reported the Council scheme to last more than four days by which time the sea had washed it all away.

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Work has started on building the sea wall

MORE HEADLINES »

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THE CHICHESTER TO
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Local News

Major concerns over Pagham homes becoming washed away



Morebungle has been leading the past two weeks in preparation for the new rock to arrive.

Sophie continued: 'It has been an absolute nightmare for residents who have been constantly let down by the council and are having to live with the worry that their homes may be washed away. Discussion was discussed only last week when a leak in a road caused another lane



portion of the beach and reached residence porches at some places. It has been told for the residents and the whole situation was first caused by several England strong that the process of shifting straight from the harbour mouth to keep it clear was halted due to the fact that they believed a speed type of sand may be coming on the beach small spot area which could be seen at low tide. The evidence of the sand was seen known

But apparently it would also be the perfect spot for nesting terns, so the small spit was left to grow, with the tide washing more shingle from the beach and depositing it further out into the new monstrous mud spit. The counters late efforts at moving shingle back onto the beach had little effect as the tide would then pull it back out and the process would start all over. It has beautifully been a lesson about the importance of timing.

England, Arun District Council and the residents who have had the most to lose.

"I have family that live on West First Road, on the area worst affected. I played there every weekend as a child and it has been heart-breaking to see what has been allowed to happen to such a beautiful area and watch helplessly as the possibility of people losing their houses becomes more of a reality."

The hope now is simply that the radio will be delivered before the next high tide as otherwise it really could be gone ever for some of the homes.¹

Area District Council declined to comment on the recent walk's activity.

More information can be found on the university's web page at www.facebook.com/FrostFairfield.edu.

Chichester MP in debate on job losses



CONCERNED MP Andrew Tyrie spoke in the House of Commons last week to ask about the closure of the SAS Systems facility in Portsmouth.

The decision to build Tiger's Den in Scotland was made

by LAE and endorsed by the Ministry of Defence. This move will see around a dozen losses at the Portsmouth site which will impact on the nearby Chichester constituency.

Following the closure

announcements, Andrew Tyrie, MP for Clackmannanshire, said: "I very much hope that compulsory redundancy can be streamlined and that people have been consulted in Portsmouth to ensure it is fit for use."

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Intervening steps of information search. (Continued)

Centurian Way was opened in the mid-1990s and runs along the former railway line. The name was chosen by Ben Adams, a local schoolboy who won a competition to name the path.

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Man crashes car into hedge in Bosham and escapes

POLICE are appealing for witnesses after a car struck a traffic island and crashed off the road.

The driver of the black Peugeot 408 abandoned the car after the crash at about six o'clock on Monday 4 November on the A209 in Bosham.

The car, which is registered to an address in Portsmouth, had been travelling eastbound when it flooded down two lamp-posts before ending up wedged in a hedge by the side of the road.

PC Ian Hammond said: "The car suffered substantial damage in the crash but the driver left the scene before the emergency services

could arrive.

"We do not know why the car was in the state of disrepair and left the traffic island."

"The driver may have been injured in the crash so I am keen to speak to anyone who knows someone who suffered significant injuries on Monday night that could have been the result of a collision."

"It is difficult to say to anyone who saw the crash or the vehicle being driven on the route before it hit the traffic island."

Anyone with information should call the quoting serial 4555, or 4 November or email collision.rept@westsussex.police.uk

Chichester officers helped support Anti-Slavery weekend

OFFICERS in Chichester helped raise awareness of slavery as a weekend of action in October.

South West Students Group carried out an event on the Cathedral Green, Chichester over the weekend of October 31-1 as an order to raise awareness of human trafficking within the local area.

South Police supported the team of volunteers by donating flowers to the group, as well as printing 1,000 leaflets prior to the

weekend. Local officers along with Chichester's District Commissioner, Chief Inspector Tanya Jones attended over the weekend to show support and be on hand to answer any queries or questions.

During the event, 150 people took away information to help them spot human trafficking, around 300 organisations took place and over 100 people gave their finger print today 'Stop the Traffic'.

Man arrested following assault

AN 45-YEAR-OLD man has been arrested in connection with an attack on a 16-year-old boy in Southgate, Chichester, during the early hours of Saturday, November 12.

The man was arrested on suspicion of assault and criminal damage after the boy was punched in the face and had his spectacles broken in an incident outside the Silverline Tavern, opposite The Globe public house, at around six pm.

Police are still trying to establish the full circumstances and the 45-year-old has been released on bail until 15 November.

Anyone who saw what happened or who can help with other information is asked to phone Sussex Police on 101, quoting serial 4555 or to e-mail: crimint@westsussex.police.uk. Alternatively they can make a free, anonymous call to the independent charity Crimestoppers on 0800 555 111.

Have you lost your long ladder?

OFFICERS arrested a 16-year-old man in West Pallant, Chichester, at 12 noon on Saturday 6 November and arrested an unknown holder in was carrying.

PC Kenneth Clater said: "The man was carrying the ladder in Town Street in the early evening but it is not yet known where the ladder was taken from."

If the ladder is a spare please

contact us on 01243 776739 or text us on 07700 123456.

The 16-year-old, from Chichester, was questioned on suspicion of theft before being released on bail until 6 November while officers carry out further inquiries.

Anyone with information should call the quoting serial 4555 or 4 November or email central@westsussex.police.uk.

Man arrested following assault on teenager

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Chestnut Tree House 10th birthday shopping spree supported by BBC's Cash in the Attic expert



AS PART of the borough's 10th birthday celebrations, Chestnut Tree House's charity shop across East and West Sussex and South East Hampshire held an extra special shopping spree on Monday 11 November 2013. A team headed up by Director of Children's Services Linda Perry, made its way around the so many wide shops in a single day, and in each one purchased as much as to the value of £50. These items were added to the treasure trove at Chestnut Tree House because other than antique expert, John Cameron, from BBC's *Cash in the*

Attic and Put your money where your mouth is. The shop where the most valuable purchase was found was across the water and only a short walk to the Eastbourne shop on Tennyson Road, Eastbourne, for their Arthur's Wood museum party and collectable Sarah's Secret Eggs. They'll meet with original related programmes, which was valued at a total of £100 by John.

The ten Chestnut Tree House charity shops, including Arundel and Bognor Regis, were Sussex and South East Hampshire are the face of the borough in the

community. They are largely staffed by volunteers and are dedicated to raising vital funds to help local children and their families.

It was an action-packed and exciting day. Each shop had placed a theme to celebrate the 10th birthday of Chestnut Tree House, for example the 'Mid West' theme for the shop in West Sussex was the earliest west and the Mid West was party theme in Hampshire. Other themes included Toy Story, The Muppets, The Jungle Book, Pirates, Goldilocks and a Teddy Bear's Picnic.

The shops were officially opened on 11 November 2013 by BBC's *Cash in the Attic* as that was a special day for everyone. The aim of the birthday shopping spree was to prove what fantastic items can be found for sale in the Chestnut Tree House charity shops as well as searching all the staff, volunteers and customers to the 10th birthday celebrations.

Said Linda: "The 10th birthday shopping spree day was fantastic fun and to have John, an expert,

on board, was even better. These one-off birthday items donated to our charity shops that you can find. In a charity shop you have got a lot more than it does elsewhere." It was also a great opportunity to thank our customers personally for their support and our shop staff and volunteers for all their hard work.

"This year really has been superb and so everyone at Chestnut Tree House will always remember. At the beginning of the year I decided to take on as a challenge with the hope of raising enough money to pay for a whole day out at Chestnut Tree House and out to the community, a total of £100. That was my last challenge and it would make me to make my target today, for November, Chestnut Tree House's 10th birthday."

"When the shops first opened, ten years ago, we were young, but just good friends with life, learning confidence and their families, we are now young for almost 10 years since the closure of Sussex

and South East Hampshire. The support we have received over the last ten years has been outstanding and we look forward to this one being in the next ten years."

Added John: "I was delighted to be asked to take part in the celebrations at Chestnut Tree House on the borough's birthday and enjoyed the shop on the day that the team found. The most interesting purchase of the day was from the Eastbourne shop. The vinyl record found was really interesting, especially not included the occasional original programme. I have another popular item from the day was the rabbit from a show, Linda was particularly pleased it was the second most valuable item. We'll have to see how the rabbit part and helped to raise the awareness of the birthday charity."

For more information about Chestnut Tree House, visit the website www.chestnut-tree-house.org.uk or contact enquiries@chestnut-tree-house.org.uk (Photo: Graham Pinder Photography)

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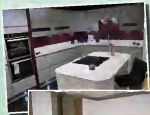
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Spirit FM's Christmas Toy Appeal launches



GUARANTEED solving festive cheer together and vulnerable children in West Sussex, Spirit FM is delighted to announce that its Toy Appeal will, once again, be inviting people to donate a gift for a child or teenager.

Spirit FM will ask people to sort one of several lists on and other distributions points across the county to hand as a gift. The

fourth year in which the radio station has hosted the Toy Appeal, the annual campaign has built great momentum, with individuals, families, schools and businesses all contributing.

Spirit FM's Managing Director Sally Austin said: "The generosity has been overwhelming. It says very much that we can, but last year's incredible success and just

even more children something to smile about. We should be without a gift to open on Christmas Day, if you can, please add something to your basket when you shop for your own children or grandchildren. I know that commercially it has been a tough time for many, but there are kids out there who will have absolutely nothing at all to open, or who are

in hospital or living in refuge, away from their loving families this December 25th. Imagine other than that extra bottle of wine or bottle of biscuits for your festive lunch you could buy a gift for our appeal? I promise you that your kindness will result in a priceless smile."

Feeling toys on to a range of different agencies, organisations and charities, beneficiaries that you and your local children's hospitals, hospices, social workers and safe houses.

• What do we need – some basic rules

We need toys, games and gifts suitable for boys and girls from newborn right up to 15 years (shape the names on!)

New toys – second hand things are not suitable for this appeal.

We donated the gifts to the UK's largest – this is so people can select what is appropriate for the children, and young people they are donating for.

• Special rules?

Your best bet is to buy something that one of your own children would like – educational toys and craft kits, creative games, board games and games,

books and animals, soft toys and novelty.

popular toys, DVDs and CDs are always well received. Gifts for boys, especially video games, can be lacking, as 7 shirts and t-shirts are really great, as everyone's still and weathering it.

Look out for buy one get one free and three for two offers – especially on toiletries!

Where to drop off your toys is online. You can drop toys off at Highdown Insurance Services, on Highdown.

School, PO Box 100, (offices house) in Chichester. You can drop toys off at Spirit FM, 9-11 Deodar Court, Edgar Road, PO14 0EX (offices house) and Saturday and Sunday mornings until 12pm.

At your local library The Library service has kindly agreed once again to act as a drop off point. Just take your toy to your local library reception desk and tell the staff that your gift is for the appeal. (Check local opening times at www.westsussex.gov.uk/libraries)

For further information please contact Nicky Edwards or Stuart Hargrave at Spirit FM on 01243 252933.



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The countdown to

CHICHESTER DISTRICT COUNCIL has launched its Countdown to Christmas campaign this week, allowing key information for the festive period.

On Wednesday, the council starts its extensive social media giveaway that aims to highlight the amazing shopping opportunities and winter attractions within the district. Prizes will be given away every week. You can view Facebook: www.ChichesterDistrictCouncil from 23 November until 20 December. There are nearly 50 prizes to be won, all of which have been donated by Chichester, Midhurst, Petworth and Selkley businesses.

The Chichester City Centre Partnership, Selkley Town Team and the Forest Town Co-ordinator in Midhurst and Petworth all helped to pull the big Christmas giveaway together.

The Countdown to Christmas campaign will also highlight key events, entertainers and provide information, such as changes to

bus collections, park and recreation and access winter advice. All of this information is available on www.chichester.gov.uk/christmas.

A whole host of activities have been arranged in the Chichester District to help get everyone in the festive spirit.

The main Christmas lights switch-on events in the district are:

Chichester

Chichester will be transformed into a winter wonderland, with activities taking place right through until Christmas. It starts with the Christmas lights being switched on at 6pm on Thursday 16 November from 14 West Street (Chichester).

The switch-on will be followed by a grand fireworks display in West Street. East and South Streets will be closed to traffic for a night.

There will be street entertainment throughout the afternoon and evening, including performances from bands and choirs. Shops will be opening late, and there will be a closing of the

Ratery Christmas Tree of Goodwill. For more information, please go to www.chichester.gov.uk.

The fireworks and entertainment will start at 8pm on 16 November – every 20 minutes. It will be from Chichester College car park at 14 West Street and drop off to:

- Exbury (opposite the Gable Market car park)
- Hartington (the lay-by on Oldfield)
- The Cathedral

The park and recreation will then operate from 8pm until 10pm every weekend, plus 23 and 24 December. For more information on the park and recreation see www.chichester.gov.uk/christmas.

Plus, on Friday 20 December the Cape Girls Christmas walk will be visiting Chichester as part of its festive tour. The walk will be in East Street from 9pm to 10pm.

Selkley

The Selkley Lights switch-on will

be on Saturday 26 November at 6pm. Residents and visitors are invited to help build a community Christmas tree, starting on Saturday 26 November. Everyone is encouraged to take part by tying a message in the tree. A Christmas Cinema with live screenings of Christmas films will also take place every Saturday at 10pm from 26 November until Christmas at the Town Hall. Find out more by contacting Selkley Town Council on 01243 766611 or email info@selkleytowncouncil.gov.uk.

Midhurst

The annual Midhurst Town Christmas Dinner Party will be held on Friday 2 December from 6pm until 9pm at Church H.H. Market Square, West Street. Seating will be closed from 5.30pm. The party will include live entertainment and entertainment, including Christmas lights, music, hot and cold singing. Before Christmas will also be making an

appearance in the grounds at West Street and there will be late night shopping. For further information please contact Midhurst Town Council 01243 766611 or visit www.midhurst.co.uk.

The Spinnaker Hotel will also be holding its annual Christmas Fair, featuring local suppliers and producers, on Friday 2 December between 10am and 5pm in the Jacobean Hall next to the Sainsbury's.

The town's businesses are offering shoppers the chance to win Christmas vouchers to spend in the town by taking part in the Christmas Competition.

Petworth

A whole range of activities have been organised to celebrate the switching on of the Christmas lights in Petworth on Saturday 3 December. The celebrations for all ages begin at 10am with stalls, entertainment and music including local choirs, and both static and live window display competitions.

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Christmas begins

St Mary's Church, and a Christmas Tree Festival in the United Reform Church in Golden Square and a Christmas stable complete with sheepskin and straw men at The Star Inn.

The light events will begin at 4.30pm. There will be open late Christmas Carols will be performed by Petworth Town Band. There will also be a quiz and a raffle with a prize of a Go-operative. For more information, please contact Petworth Town Council by emailing petworthtowncouncil@btinternet.co.uk.

"The Chichester District has everything you could want at Christmas to get into the festive spirit," says Cllr Sylvia Collins, Deputy Council and Cabinet Member for the Economy, Tourism and Communities at Chichester District Council.

"It has an incredible array of independent and high street shops, helping you to find that special present. It also has some amazing

restaurants, pubs, local producers, markets and attractions – not to mention its historic and beautiful setting – to make your visit truly special.

"Combine this with some of the cheapest parking in the South Coast and a free park and ride service on selected dates at Chichester, and you've got all the ingredients for a great Christmas.

"Our Countdown to Christmas campaign wants to highlight all of this, plus information for the festive period, including pubs and clubs, events, cheap to buy clothes, gifts, food and local weather forecasts."

Chichester Tourist Information Centre based at The Forum, wants to Chichester can also provide Christmas information on 01243 779188. They also offer a wide selection of local gifts, tours, tickets and tickets for special events in the district.

For more information on Countdown to Christmas see www.chichester.gov.uk/Christmas



Aldingbourne Trust

QUIZ NIGHT

Friday 15th November at 7pm
Aldingbourne Country Centre

Entry: £12.50 per person, to include meal.
Bring own drinks.

Team Leader goes free!

Teams of 6 people max

Prizes for 1st and 2nd place — Raffle as the Night
To book a team call Nicki Glarke on 07364 102 481

BRENT LODGE WILDLIFE HOSPITAL

XMAS SALE

16th - 17th November
11 a.m. - 3 p.m.

MASSIVE BOOK SALE

XMAS GIFTS & CARDS

QUALITY BRIC-A-BRAC

AGONY RAFFLE

CAKES & REFRESHMENTS

Bring the kids to meet Santa!

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01243 448872 www.brentlodge.org

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Chichester Business

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Great year for Arundel Castle with 8.5% more visitors

WINDMILL CASTLE in West Sussex attracted over 154,000 visitors in 2013, an increase of 8% on 2012 according to official figures.

The popular events calendar has been attributed to the growth in visitors. The highlight of the year, the Medieval Joust and Tournament Week in July, received 20,000 more visitors than its 2000-2001 counterparts. Other events at the Castle have also thrived with the Perseus in the Keep event in September and Hurricane in the Keep event in October attracting almost double the numbers of 2000.

Castle Manager Bryan McDonald said it had been a "great year" for Ardscoil Castle and pointed to the entertaining events, the exceptional gardens, the hard work of all of the Castle staff and the programme to employ the youth. "Our events have grown in popularity with professional performances from the Royal Tour Living History Group undertaking sections of all year throughout



Plus de credit pour l'investissement
 Les banques ont obtenu un accord pour augmenter de 10% le montant des crédits accordés aux entreprises.

the yeast and the existing *Joost* *Testament* which is not to cut

Annual Castle closed for the winter on 03 November and will re-open for visitors on 01 April 2014. Further information on the Castle and its 2014 event calendar can be found at: www.annualcastle.org

Lord Lieutenant to launch event for local voluntary initiatives in Arun and Chichester

THE LONG LEADERSHIP, Mrs Susan Piper, will open the latest of a series of events being held at West Sussex designed to bring together leading representatives from business, public authorities and the voluntary sector to explore ways in which organisations might mark together more effectively to promote corporate and social responsibility and other ways which themselves link each other.

The event is being hosted at
Fostwell Park Racecourse for the
Aras and Gloucester areas on
Wednesday, 20 November 2003

Other very successful events have already been held in the county at Lord's Farming, and Newbury in recent months and this latest event originally financed by Miss Pyper in 1962 will build upon the successful previous and national in substance in the 1964 Olympic Games. It will also complement the recently announced new initiative of the Olympic Legacy, Embark on Personal Best, and will explore the business needs of the industry.

The Lord Lovings, Mr. Roman Pops will earn the kind of a series of events

sector and what may be available from a network of supporting businesses and other organisations.

Mrs. Lukan Holdsworth MSN, IP, DR, the chairman of the local organizing group comments, "These examples we intend the event will explore might include regional support through the office of accommodations for meetings and training, guest training on generic subjects such as health and safety or first aid."

To register your business or voluntary group's interest in the initiative please contact Hilary Spence@barnes.ac.uk, 02033 880000.



Kaliko

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Arts & Entertainment

New showing of *Gravity* at Cineworld

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Bullock and Clooney defy gravity

Gravity (14)

Running time: 90 mins
Director: Alfonso Cuarón
Starring: Sandra Bullock,
George Clooney, Ed Harris



Grapples and untidy moments apart, *Gravity* with awe-inspiring visuals, state-of-the-art special effects, unmissable 3D work and a terrific central performance from Sandra Bullock.

What's it all about?

Directed by Alfonso Cuarón, *Gravity* stars Sandra Bullock as medical engineer Dr. Ryan Stone, who undergoes her first space mission to decommission a rogue satellite, while the supervisor of said mission is veteran astronaut Matt Kowalsky (George Clooney). However, during a routine space walk, their space shuttle is tragically damaged by drifting debris from a Russian



satellite stranding them in space without means of communicating with Mission Control (a mission: Ed Harris as Houston, is a late nod to *Apollo 13*).

With dwindling oxygen supplies and the threat of the accumulated debris raining in its next orbit, Stone and Kowalsky have to figure out how to get back to Earth before their time runs out. There only hope seems to be a passing Russian

satellite, a Russian space station, but Stone isn't convinced they can make it.

The Good

On the surface, Sandra Bullock is an unusual choice for a part like this (she's had a part in *Gravity* before in *Gravity's* *Adventures in Space*), but the reason behind her casting soon becomes apparent, as she has an unusually likable,

valuable quality that means you root for her even though *Gravity* is a tragedy and in her line-reading manner, whenever you're almost sure you've heard her in a scene.

That said, the performance is essentially secondary to the production's visual effects (there's not a single moment that looks computer-generated) and some unmissable 3D imagery that makes it feel like you're actually floating in space. The visuals are truly awe-inspiring, as the documentary nature of the work, contrasting the beauty of blue-green Earth from the outside with the terror of black nothingness on the other, the ultimate goal is to make you feel like you're actually floating in space. The visuals are truly awe-inspiring, as the documentary nature of the work, contrasting the beauty of blue-green Earth from the outside with the terror of black nothingness on the other, the ultimate goal is to make you feel like you're actually floating in space.

The Good

Cuarón keeps the action moving at an impressive pace, leaving you

very little time for actual breathing.

The only slight disappointment is that the script doesn't manage to bring emotional or plot-based flesh to the end of *Gravity*. *Space Odyssey*, though it does flow in a number of ways (such as a scene by a Russian station, the Russian figure) and glowing allusions to other films (a *Star Wars* style), most notably when Stone straps down to her underwear in zero gravity, essentially making the point of *Gravity* (Harris's *Gravity*). There's also a brilliant final scene that makes a subtle joke about the film's title.

What's missing?

With awe-inspiring visuals, state-of-the-art special effects and a terrific central performance from Sandra Bullock, *Gravity* is a superbly directed, nerve-shredding thriller that demands to be seen on the biggest 3D-equipped screen you can find. Highly recommended.

Santa's monkeying about at school's festive fair!



MONKEY BUSINESS is a new exhibition at the Parklands Community Primary School Christmas fair on Friday 19th November.

From 9am - 4pm the school will host the annual Christmas fair, which this year will also be a part of the local 'Save the Planet' campaign. Supporting it is a very special new performance, *Monkey Business*, which will be performed on stage by a team of about 200 monkeys and their owners from Parklands Community and a specially assigned zoo.

Featuring plenty of 'baked' fun, fun and laughter, as well as a gift for each child from the men in red, there will be three performances of the *Monkey Business* show during the evening.

Other attractions include a multitude of stalls, crafts, a gift

shop, the teddy tombola, justice food and drink, a raffle (prizes generously donated by local businesses) and a *Go! Jack* (Mile marker) and much more.

Chair of Parklands School, Pamela-Gail McKinnon said: "Our Christmas Fair is always a spectacular midwinter party to go to be in. It's a chance for everyone to come and support the school and beyond and promote to our visitors with several good events. It's an opportunity to show that Santa has come, even agreed to come and see the children, especially as it is his busiest time of year."

Entry to the fair is by donation. For booking for the Friday 19th Christmas fair, please contact the school. For tickets please visit parklandscommunity.co.uk.

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION:

Q Sandra Bullock shot to fame in which movie?

- A. SPEED
- B. PRACTICAL MAGIC
- C. 28 DAYS

Send your answer and include your full name, address and a contact phone number to competition@cheherald.co.uk. One lucky winner will be selected at random. Closing time: 5pm Friday 19th November 2009 at midday. The winner will be notified later on the day. All works winner must Give Notice from: Chester Herald competition terms and conditions apply.



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Should we think twice about vaccination?

WHenever I write about this subject I get a handful of e-mails because of alleged vaccine controversy. All I like to do is get a word of thoughtless people heads to take control of their own bodies and health, as we have seen...

Every year the pharmaceutical industry, medical experts and the mainstream media work hard to convince us to get vaccinated against the flu. "That we don't have it, are the cases about the severe reaction or about the toxic chemicals being injected into us. The truth is that the flu is the body's attempt to remove metabolic and dietary waste products through the pores of the skin by inducing a fever. The fever associated with the flu is a good thing NOT a bad thing, and research suggests that buying the flu vaccine can compromise the



Denise Kelly

delicate delicate pH balance of the blood and tissues and produce the white blood cells or immune cells

Basically, you need to research and ask questions if you are having any vaccination because they can cause damage to your organs, damage to your immune system or even cause death. The mainstream media are not at all telling us that the flu vaccine contains traces of the flu virus. Most of them are less likely to be tested than the long list of other ingredients that come with the vaccine, such as Mercury, heavy

metals, diphtheria, mercury, lead, aluminium, diphtheria, respiratory problems, rD, and health problems, digestive problems and other serious health issues. Evidence suggests that the vaccine can contribute to other diseases such as Alzheimer's. Research conducted by the High Publishing, a leading environmentalist in the US, shows that those who consistently receive the flu vaccine increase their risk of Alzheimer's disease by 10 fold. He believes this is due to the toxic combination of aluminium and mercury in the vaccine. Additionally, introducing the flu virus to an elderly person, who with age, will certainly have a weaker immune system or suppressed immune will possibly compromise the chance of that individual becoming even

more healthy, hence leading to more serious illness. To further this, a vaccine, the flu shot actually weakens the body creating immune suppression and chemical poisoning (i.e. lowering of the immunity). The flu vaccine has also been associated with increasing the risk for respiratory issues that leads to pneumonia. If your body is already working to remove metabolic and dietary waste or simply operating with low immunity, a poisonous vaccine reaction injection could put your body into a highly toxic state. There have been literally thousands of medical journal articles published that have reported vaccination, lead to harmful neurological



responses and short of other infections. Doctors now suggest that individuals in the vaccination can actually cause serious neurological disorders. The vaccine can contain many harmful waste materials including diphtheria, mercury, formaldehyde, and traces of live crystallized flu virus.

You can completely put together with your own health - naturally if you choose.

As Reported in The Independent...

It causes thousands of deaths every single influenza in the UK each year but the vaccine is of limited effectiveness, especially for older people. One expert

told The Independent the Government should be held accountable for "wasting taxpayers' money" on the annual £120m national vaccination campaign.

For full consultation and deeper insight visit Denise Kelly and find out just what you're going on in your body please contact her on 01243 788678 or on 0114 331110.

Denise Kelly is a BANT (British Association of Naturopathic Therapists) registered Naturopathic Therapist. She writes Naturopathic Programs for a variety of organisations and has a private practice in Chichester West Sussex.

Did you know our memberships start from **£44.00***

Find us at Chichester Gate (Off Stockbridge Road) 01243 788678

Nuffield Health fitness & wellbeing

Movember at Nuffield Health



Nuffield Health would like to encourage all of the Fls in the Chichester to come down and try our facilities for free this year starting on Saturday the 23rd November. By the end of the month in November this should be almost at full levels and this will be your 10 required to enable you

to receive your free day pass. Then on the 24th November we will be having a men's health seminar presented by our Nuffield Health Consultant, Dr. John and you will be invited along too.

However, support will also mean health programs that combat prostate and testicular cancer and mental health challenges. There is

started 10 years ago it has now moved over 200 million pounds.

So to all you Fls out there come and see what Nuffield Health is all about. I'm particularly proud of your FlO why not enter into our top contest on our Facebook page by posting your favourite picture. Facebook.com/NuffieldHealthChichester





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Travel

A foodie's guide to Turkey

Enjoy a Christmas family adventure



THE GULFEND of Turkey often goes overlooked by visitors to this unique and historic country, but for true foodies, the cities and towns of Turkey are truly a culinary paradise. The traditions of these regions and the skill of these chefs make Turkish food a magical, tasty experience. Here are some of the best foods to enjoy in Turkey for those who truly love their food.

What to eat

Donut
You eat bread, don't you? But here in the West we are satisfied with a loaf of pre-packaged, ready sliced bread, designed to last several days. In Turkey, the bread is always soft and fresh, and is baked twice daily, so those coming home from work can enjoy a fresh loaf with their tea. Try *gözleme*, a flat pie baked, perfect for wrapping a sandwich in, or *simit*, a light loaf bread, covered with sesame seeds, for something out of the ordinary.

Meat

There is no doubt that the Turkish meat is delicious and the Turkish *kebab*, let it be said, is not just the name that defines the food. Meat is a must-have and is served everywhere. Expect generous fresh kebabs, made on a stick, skewer, or grill, and a variety of delicious dishes.

Kebab

In Turkey, the kebab is not your usual, where it's just a piece of meat, but a deliciously filling meal, made with the freshest ingredients. The kebab is served with a variety of fresh vegetables, including tomatoes, onions, and peppers, and a side of rice or bread.

Tea

The national drink in Turkey is not coffee, but tea. It is known as *çay* and is known here. Forget your English breakfast! Forget your American coffee! In Turkey, the tea is served with a side of bread, and is a must-have for any visitor to the country. Try the traditional *çay*, which is a pink tea, made from rosehips, often served in a delicate, long-shaped glass.

Pish
The word *pish* in Turkish is a really something to see. It's a word that is used to describe a dish that is made from a variety of fresh ingredients, including meat, vegetables, and herbs.

Mid-range
If you're in the Mid-range, like *gözleme*, it's a must-have. It's a dish that is made from a variety of fresh ingredients, including meat, vegetables, and herbs. It's a dish that is made from a variety of fresh ingredients, including meat, vegetables, and herbs. It's a dish that is made from a variety of fresh ingredients, including meat, vegetables, and herbs.

Where to eat
From Istanbul to Izmir, Turkey offers an array of amazing places to enjoy the food. From high-end restaurants to street food, you can find a variety of delicious Turkish food. Here are a few of the best: **High end** - The *Adnan Menderes* is a

restaurant in one of the best places to enjoy a variety of Turkish dishes with a good view of the city. In the Mid-range, the *Adnan Menderes* is a restaurant in one of the best places to enjoy a variety of Turkish dishes with a good view of the city. In the Mid-range, the *Adnan Menderes* is a restaurant in one of the best places to enjoy a variety of Turkish dishes with a good view of the city.

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Enjoy a Christmas family adventure
RATHER than just a house, the Christmas season in Turkey is a true family adventure. The Christmas season in Turkey is a true family adventure. The Christmas season in Turkey is a true family adventure. The Christmas season in Turkey is a true family adventure.

Christmas in the Sharm El Sheikh
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Backwaters of Kerala, India
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Kashmiri Cuisine
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Avoid winter heating hikes with a long stay holiday to Spain

HUGE is a word that is used to describe the winter season in Spain. The winter season in Spain is a true family adventure. The winter season in Spain is a true family adventure. The winter season in Spain is a true family adventure. The winter season in Spain is a true family adventure.

Don't miss the best of Spain
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Brits pocket £3.3 billion per year by renting out their spare rooms



AN ESTIMATED 4 million (2 per cent) UK homeowners now have a lodger in their home, up from 4 per cent in 2004, according to new research from Santander Mortgage. The "rent a room" trend provides UK homeowners with over £3 billion per year in rental payments, an average of £160 per

month for each lodger.

Nearly three quarters (74 per cent) of homeowners have at least one spare room in their home that is currently either rented out or has no one living in it, while 10 per cent have no occupied rooms in their home.

The research shows that there

is currently a potential £3.3 billion of rent if income to be made in the UK from renting out spare rooms. However, nearly nine out of 10 UK homeowners (89 per cent) with a spare room still choose not to rent it out.

More than a third (35 per cent) of those who rent out a spare room do so to help out a friend or family member. A further 15 per cent do so because they need the additional income to meet their mortgage payments and outgoings whilst trying to

meet the money to supplement their disposable income. 22 per cent of those in the Bank of England's survey said that a spare room cost 50 per cent of those in London with a spare room rent out a spare room.

Meanwhile to looking in the East of England (17 per cent) are less than half as likely to rent a lodger.

Of the ones who do (15 per cent) homeowners with occupied rooms who would consider renting out their spare room, 65 per cent would do so if they needed to financially and 25 per cent would rent out the room if a friend or family member would do. Those in per cent would consider if they could find an appropriate tenant and a per cent would do so if they were able to make decent money from it.

The research further reveals that of those currently renting out a room, 15 per cent believe that the rental income would cover more than 50 per cent of their total mortgage payments each month. On average, respondents said that 17 per cent of their mortgage payments are covered by spare room rental income per month.

Phil Chad, Director of Santander Mortgage, commented: "The 'rent a room' trend is clearly on the rise as it has gone up from 4 per cent of those

drives homeowners to look for ways to supplement their disposable income and cover their mortgage costs. There is a clear trend to expand, as homeowners with occupancy of more than one property to work beyond their income needs, family or friends. It is a slow but growing trend as the UK Government's 'Rent a Room' scheme enables homeowners to earn up to £7,500 per annum tax free from renting out a spare room.

Phil added: "We advise that before taking this step, anyone with a mortgage should speak to their mortgage specialist to ensure they stay within the terms and conditions of their mortgage agreement."

A quarter (24 per cent) of homeowners have one room spare, 22 per cent have two rooms spare, while 15 per cent have three rooms spare in their home. Only 8 per cent have four or more unoccupied rooms in their home.

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The world's first stretched E-Type unveiled



THE WORLD'S first stretched E-Type has been unveiled and will soon show in London later this week at a major automotive events ceremony.

Built in 1961, the left hand drive Jaguar E-Type sports a 2+2 roadster has been stretched by four and a half inches during a major restoration carried out by Classic Motor Cars Limited of Endsworth (CMC).

Rob Goldthorpe, Managing Director of CMC, said: "The car

represents a reborn. This is the E-Type that Jaguar Cars should have built. The extra space makes all the difference and actually shows the whole attitude of the car."

During the rebuild the owner, advised on the stretch by who wants to travel widely, country, requested a trailer to be built. CMC built this from two E-Type over axle joined together.

The trailer is especially connected to the car via a

removable tow bar, which locks into position through the steering light aperture. This steering light holes the whole mechanism when the trailer is not in use. This is another first for CMC and the world of Jaguar.

The E-Type has been named the 'Kestrel' by Paul Bennett, the owner, and takes its name from one of Toyota's founding principles, Kestrel, which means 'undeviated the supportive to make continuous improvements and then go to work'.

Paul Bennett said that he had named the E-Type a this way because he thought that the original Jaguar designer, Malcolm Sayer, would have approved of what he wanted to do to the car while preserving its essence.

It is called "The stretched E-Type" which represents the link between the Series I and the subsequent vehicles produced after the merger and formation of British Leyland, when the design of the cars underwent several transformations in a continuous

of cuts to production costs and the need for more space that resulted in the Series II and the Series III 'V12'.

Rob Goldthorpe added: "This is something that we have never done before. Our client wanted the interior by means of a stretch 3 1/2 E-Type but the stretch of a Series I car."

"We have added four and a half inches to the floor pan, which will give the leg room of the V12 plus an additional one inch if required. The V12 was actually nine inches longer than a Series I but a lot of the additional room was behind the seats and storage and was not required on our project."

Rob added: "By adding four and a half inches to the length of the car we were able to retain the overall look of the Series I and also have the E-Type into a unique car."

Along with these robust developments, the roof has been raised by 1.25 inches above the lowered head and the boot floor lowered and reduced to

build to a smaller fuel tank and to create a wider space wheel as the car was fitted with a 16 inch diameter wheels which had with lower profile road tyres.

The car has also been built with a host of CMC upgrades that range from air conditioning to power steering, upgraded brakes, five speed gearbox, suspension and handling upgrades, amongst others.

Paul Bennett said: "In addition, the Kestrel E-Type was a moment of the imagination but the car itself has now become a reality by taking advantage of modern material and computer technology provided by CMC."

"It is a car more than a classic, the car is a work of art, but the car and a half inches added to the Kestrel E-Type could make the car even more beautiful than the original Series I edition."

He added: "Perhaps that we would have represented the very last chance for Malcolm Sayer to apply for ideas for the E-Type."

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Main result

Local sidecar motocross team has another successful season

NORTHCHAPPEL
based British
Sidecar Motorcycles
pair, Team Famed,
are celebrating the
end of the racing
season and, despite
being dogged by
some technical
problems, are
delighted with how
their bikes have
gone.

The Glendens Building Supplies sponsored duo, which is made up of brothers Steve and Chris Pennell, situated a tentacle tented in the Glendens Championship, one place higher than the prior season. The pair suffered some technical problems in the final two races, which effectively cost them the title.

In the toughest British Championship, Team Pennell played eight of Wales Cabs, their highest finish in a British Championship race and, overall, made a very respectable sixth out of six.

(Steve Parnell commented) "We would like to thank Chandler for their continued support, it really

don't help us ensure that we are
completing the work.

"Our speed and jumping has improved the year and our overall race craft is going better. We need to cut out the costly mechanical problems, as without a doubt, dominance on the Chinese Championship. We are now looking forward to the next season and would like to take a short rest year by trying to enter a new World Grand Prix."

Richard Hanson, Commercial Director at Chambers, commented "A big congratulations to Team Pennell for another great season. The guys work extremely hard and we are delighted to be sponsoring them again for the next season."

What's in a name?



Hull City AFC: Hull City Tigers Hull Tigers: "What do you prefer?" Chairman: *Steven Allmon* confirmed his long-term intention to re-name the Premier League club Hull Tigers. The Egyptian businessman announced in August the company name he changed has any plans to alter the club name would need to be ratified by the Football Association. Foul group City 2014 (he hopes that could lead to re-naming). The argument from the owner is that it's more "marketable" but the traditionalists would not budge on the issue.

It soon opens up the debate over what extent football is a game or a business, and how far owners can go.

as pass. At the other end of the spectrum lies *maelk*, some large football club set up just as soon as you played a game of football on a levelled, at least in the early days, level of mud. The most notable football club that was set up in the early days of the game was Tottenham Hotspur, and established their badge in the north London town. But now they're seen not only in the game, but also in the streets, as a result of their association with the Tottenham Hotspur football club. The Tottenham Hotspur football club is a very famous football club in the north London town. The Tottenham Hotspur football club is a very famous football club in the north London town. The Tottenham Hotspur football club is a very famous football club in the north London town.

Of course, American Football has always adopted the names like Denver Broncos and Philadelphia Eagles. However, names that include

[illegible]

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Chichester Junior Open
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Sport

Squash

History made at the Chichester Junior Open!

THE CHICHESTER JUNIOR SQUASH OPEN took place at Chichester Recreation Ground on Sunday 1st November.

Several of the Club players entered the tournament which was great to see, in the boys U13 event, Louis Martin, Marco Mello, Sam Winterbolder and James Dilling all took part.

Martin and Mello progressed to the quarter finals whilst Mello defeated Dilling in the opening round.

Having lost in the number 2 seed in the opening round, Sam Winterbolder pulled him out to win a straight final (there is an event for all set match losers).

Mello lost out in the quarter finals but Martin progressed to the semi where he had a tense match against a very under rated opponent saving two crucial points to book his place in the final against long-time rival, Mark Smith.

In the final Martin not only had the possession of losing, the number 2 seed but also the knowledge that no other Chichester player had won any junior age group at this

event for at least 10 years. Martin didn't disappoint and ran out an 11-4 as he won his claim the way title.

In the boys U19 event George Bouzou and Julian Standish progressed to the second round and the Adams lost a tight match to enter the play. Adams had a massive match as the 1st round play but saw Sam grab defeat from the very of victory leading to it in the final game he overcame the net to lose the game 12-10.

James helped out in his and Martin before going down and Standish being taken the number 4 seed and progressed to the semi final he battled well against a more experienced opponent, Will Rowe, before going down 12-11. Charlotte Young was fortunate to take the girls U15 title, however, having mostly been played by experienced consequently leading



November 2013 - Junior Squash Open

as conditions finished on grid play Adams Courteen, recent runner up on the Herts & Ux. took the U15 title from Sam Bouzou and Mark Bouzou took the U19 from Will Rowe, the U19 boys title was won by Will Smith. Emily Kaurer took the girls 15-16 title. Amelia Topham taking the girls 14-15.

All in all a great day's squash

and the one day event seems to really work for all concerned.

A big thank you must go to Lynne 11 who helped to run the event and also Paul 11 play for all morning and refereeing.

For further details about future squash at CRAC please contact Mike Phillips (Club Coach) on 01243 850111 or mphil@chichesterjunior.org.uk

Swansea County Football League Tables

Division One

Team	P	Pts
1 EAST FRESTON	12	27
2 BRIDGECOM	12	17
3 LITTLEHAMPTON TOWN	12	26
4 CHORWICK ATHLETIC	12	23
5 BODVANTHWA	12	23
6 LINDSEY	12	26
7 SELEY	12	28
8 EAST GLOUCESTER TOWN	12	19
9 BURNHAM WARRIORS	12	19
10 BURNHAM	12	18
11 BURNHAM	12	18
12 ST FRANCIS RANGERS	12	15
13 CHORWICK CITY	12	15
14 PLYMOUTH	12	12
15 ABERGAVILLE	12	12
16 GORHAM	12	11
17 BURNHAM	12	9
18 LANCING	12	9
19 BURNHAM TOWN	12	8
20 BURNHAM UNITED	12	3

Division Two

Team	P	Pts
1 EAST GLOUCESTER TOWN	12	26
2 LONDON	12	26
3 STERLING TOWN	12	25
4 BURNHAM WARRIORS	12	25
5 LITTLE HAMPTON	12	23
6 BURNHAM WARRIORS	12	23
7 BURNHAM	12	23
8 BURNHAM UNITED	12	19
9 AFC FREESTON	12	18
10 WICK & BURNHAM UNITED	12	17
11 CHORWICK	12	15
12 STERLING TOWN	12	15
13 WESTVIA	12	15
14 BURNHAM	12	14
15 SALFORD UNITED	12	7
16 SALFORD TOWN	12	4
17 BURNHAM & BURNHAM	12	4

Division Three

Team	P	Pts
1 LANCING WARRIORS	4	14
2 BURNHAM	4	14
3 BURNHAM	4	14
4 BURNHAM	4	14
5 BURNHAM	4	14
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7 BURNHAM	4	14
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